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TREATISE

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A TREATISE

ON

The Virtues of Hot and Cold

BATHING;

WITH

The Art of Swimming,

&c. &c.

A

TREATISE

on the

VIRTUES

of

COLD AND WARM

BATHING;

WITH

General Instructions,

IN THE

ART OF SWIMMING.

Together with

A DESCRIPTION OF

LADY-WELL BATHS,

In Birmingham.

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INTRODUCTION.

BATHING is a practice so ancient, and so necessary to health, that the neglect of it in this country is much to be lamented. In the southern climes, it constitutes the most delightful enjoyment of the inhabitants; and even in the cold regions of the north, it invigorates the human frame. Indeed it may be termed a custom of *divine origin*, as it is repeatedly enjoined in the Mosaic Law, and is rigidly observed to this day by the descendants of Abraham.

Lady Mary Wortley Montague, in her letters from Turkey, animatingly describes the females of that country, and attributes the delightful polish of their skin, *solely* to the practice of *frequent Bathing*; and the eccentric Lord Monboddo asserts, that "it is just as absurd for a person to change his linen and say he is *clean*, as it would be to lay a *table cloth upon a dunghill.*"

Every man of common observation knows, that cleanliness is *necessary to health*; and a benevolent character with sorrow must notice the cadaverous countenances, and unhealthy appearance of our poor; which may

be attributed, in a great degree, to their neglect of cleanſing the ſkin.

The value of health is ſeldom known till the want of it is *felt*; and the number of diſeaſed in this town, whoſe complaints have been aſcribed to ſevere labor, cloſe confinement, and unhealthy manufactories, may in reality ſuffer from the neglect of frequent waſhing. How much then does it become the duty of thoſe who ſuperintend the laboring claſs, to inculcate this eaſy regulation, when it is conſidered, that the labor of the poor conſtitutes the riches of a country; and that, when incapable of adding to the general ſtock, they muſt diminiſh its wealth.

Perhaps no town in England can boaſt of BATHS (for health and pleaſure) equal to thoſe in *Birmingham*, where the ſwimmer may enjoy his diverſion unmoleſted, and the young practitioner learn with perfect ſafety: Indeed, the vaſt expence incurred by the Proprietor of theſe Baths, 'ere they arrived at their preſent ſtate of improvement, entitle his exertions to be ranked as patriotic and praiſeworthy.

A TREATISE

ON THE

VIRTUES

of

COLD AND WARM

BATHING.

Cold Bathing.

THE Cold Bath is, undoubtedly, uſeful in moſt chronic diſeaſes, if nothing peculiar in the conſtitution forbid its uſe. Dr. *Cheyne* ſays it ought not to be uſed under the actual fits of a chronical diſtemper, nor with a head-ach, weak lungs, or a foul ſtomach; nor ſhould a perſon ſtay too long in the *Cold Bath*, to be over chilled: where nothing of this kind is done, the Cold Bath will be found of infinite ſervice in bracing the ſyſtem, and increaſing the motion of the blood. Rheumatiſms of the moſt obſtinate kind, hypochondriacal affections, and debilities from exceſſive indulgence, are greatly relieved by it.

Much has been ſaid about going into the Bath with, or without a cap. When the hair is

ſhort, and of courſe will ſoon be dry, it ſeems moſt eligible to go without a cap *; if the hair is long, and a conſiderable quantity of it, a bathing cap will be found very uſeful. The preſſure of the water, which is 860 times greater than the common atmoſphere, is equally operative upon the animal ſyſtem, and equally conducive to health, either with or without a cap.

Cold Bathing is of excellent ſervice in all ſcorbutic complaints, and in moſt diſorders, whether external or internal, acute or chronic; it is particularly uſeful to people of a ſedentary life, as it accelerates the motion of the blood, promotes the different ſecretions, and gives vigor to the ſolids; it alſo increaſes ſtrength, and prevents a variety of diſeaſes to which the human frame is liable. Another claſs of patients, ſays *Buchan*, who ſtand much in need of the bracing qualities of cold water, are the *nervous*; to them it is generally applied with ſingular ſucceſs; as nothing tends more to ſtrengthen the *nervous ſyſtem* than *cold*

* OIL-CASE CAPS, which of late are come into uſe in cold bathing, are by Mr. MOSS much recommended. Every good purpoſe (ſays he) is anſwered, as well with as without them, and no advantage can attend wetting the head; on the contrary, wet hair is not only uncomfortable, but may, and frequently does occaſion the head-ach, and will be liable to give cold, eſpecially when bathing is practiſed in a ſeaſon that is not very warm.

bathing.

bathing. To young people, and particularly children, cold bathing is of the firſt importance; it promotes their growth, increaſes their ſtrength, and prevents a variety of diſeaſes incident to childhood. Were children, from their infancy, accuſtomed to the cold bath, we ſhould ſee fewer inſtances of the *ſcrofula*, *rickets*, and other diſeaſes, which prove fatal to many, and make others miſerable during life.

Moſs, in his *eſſay on the management, nurſing, and diſeaſes of children*, &c. p. 341, ſays, "People living in large towns, are ſubject to become languid in the hot ſummer months; and whether this langour ariſes from the effects of heat, and cloſeneſs of the weather, or from whatever cauſe, they ſeem much refreſhed and enlivened by cold bathing: and if no langour and debility ſhould occur, bathing in hot weather will be adviſeable; as it becomes a ſubſtitute for other ſeaſons, and counteracts the relaxing power and effects of heat. For children it is proper in every ſtage of the rickets; the ſcrofula; in all eruptions of the head, face, and body; the rheumatiſm; and moſt caſes of partial and general weakneſs, from natural or accidental cauſes."

Cold bathing anſwers moſt of the good purpoſes of exerciſe; for like exerciſe, it gives ſtrength and ſpirit. The advantages attending cold bathing, are derived from its ſtrengthening

and

and bracing qualities; whereby a delicate or weak conſtitution, is aſſiſted and reſtored to a more perfect ſtate of health, and by which it is enabled to perform and go through the taſk and duty impoſed upon it, more compleatly and perfectly. If it be found proper and neceſſary to uſe the cold bath in the latter end of the ſummer ſeaſon, it may be continued during the ſucceeding cold weather; as the increaſed coldneſs of the water will not be ſenſibly perceived, if frequent bathing be regularly continued.

All the good purpoſes of cold bathing, are anſwered by one immerſion at a time; the patient, if it agrees with him, will then experience a moſt pleaſant and agreeable glow. If bathing occaſions chillneſs, loſs of appetite, pain in the breaſt, or bowels, it ought to be diſcontinued. For perſons of a tender and delicate frame, the *Temperate* Bath, rendered leſs ſo by degrees, is a very proper preparative for the Cold Bath, as by that means the patient becomes leſs ſenſible of, and conſequently leſs alarmed at, the ſudden ſhock given at firſt by the latter.

Warm Bathing.

THE Warm Bath has been found, by long experience, to be of great uſe in inflammations of the

the ſtomach and bowels; it generally affords almoſt immediate relief in the gravel, ſtone, or ſtranguary; and in rheumatic and gouty complaints, has been very ſucceſsfully applied.

An open, ſpacious, uncovered bath, acted upon in the ſummer months, by the enlivening and chearing rays of the ſun, is a pleaſant, *ſafe*, and agreeable place to ſwim in. Dr. *Barnard*, in his *poem on health*, recommends it in the following energetic lines:—

Of exerciſes, ſwimming's beſt,
It ſtrengthens the muſcles of the cheſt,
And all their fleſhy parts confirms;
Extends and ſtretches legs and arms;
As 'tis the beſt, ſo 'tis the ſum
Of exerciſes all in one,
And of all motions moſt compleat,
Becauſe 'tis violent without heat.
Plunge frequently your body o'er,
It gives a ſpring to every pore,
Returns the heat upon the blood,
And makes all *bad* digeſtions *good*.

The exerciſe of ſwimming, is not only conducive to the grand purpoſes of *health*, but, by a knowledge of this art, a man may ſave his own life, and be inſtrumental in ſaving the lives of others; therefore, particular attention ſhould be paid to it. To point out then the evolutions the

learner

learner muſt attain a knowledge of, before he can be a proficient, will be the object of the latter part of this work.

OBSERVATIONS

ON THE

ART OF SWIMMING.

IN the practice of ſwimming, the greateſt obſtacle is, the natural dread which people have of being drowned; and this it is impoſſible to overcome by any thing but accuſtoming ourſelves to go into the water. With regard to the real danger of being drowned, it is but little; and on moſt occaſions ariſes entirely from the terror above mentioned, as will appear from the following obſervations by Doctor Franklin:

"1ſt, That though the legs, arms, and head of a human body, being ſolid parts, are ſpecifically ſomewhat heavier than freſh water, yet the trunk, particularly

particularly the upper part, from its hollowneſs, is ſo much lighter than water, as that the whole body, taken together, is too light to ſink wholly under water, but ſome part will remain above until the lungs become filled with water; which happens from drawing water into them inſtead of air, when a perſon in the fright attempts breathing while the mouth and noſtrils are under water.

" 2dly, That the legs and arms are ſpecifically lighter than ſalt water, and will be ſupported by it; ſo that a human body would not ſink in ſalt water though the lungs were filled as above, but from the greater ſpecific gravity of the head.

" 3dly, That therefore a perſon throwing himſelf on his back in ſalt water, and extending his arms, may eaſily lie ſo as to keep his mouth and noſtrils free for breathing; and by a ſmall motion of his hands may prevent turning, if he ſhould perceive any tendency to it.

" 4thly, That in freſh water, if a man turn himſelf on his back near the ſurface, he cannot long continue in that ſituation, but by a proper action of his hands on the water. If he uſes no ſuch action, the legs and lower part of the body will gradually ſink till he comes into an upright poſition; in which he will continue ſuſpended, the hollow of the breaſt keeping the head uppermoſt.

" 5thly,

" 5thly, But if in this erect poſition the head is kept upright above the ſhoulders, as when we ſtand on the ground, the immerſion will, by the weight of that part of the head that is out of the water, reach above the mouth and noſtrils, perhaps a little above the eyes; ſo that a man cannot remain long ſuſpended in water with his head in that poſition.

" 6thly, The body continued ſuſpended as before, and upright; if the head be leaned quite back, ſo that the face looks upwards, all the back part of the head being then under water, and its weight conſequently in a great meaſure ſupported by it, the face will remain above water quite free for breathing, will riſe an inch higher every inſpiration, and ſink as much every expiration, but never ſo low as that the water may come over the mouth.

" 7thly, If therefore a perſon unacquainted with ſwimming, and falling accidentally into the water, would have preſence of mind ſufficient to avoid ſtruggling and plunging, and to let the body take this natural poſition, he might continue long ſafe from drowning, till perhaps help would come; for as to the clothes, their weight additional while immerſed is very inconſiderable, the water ſupporting it, though when he comes out of the water, he would find them very heavy indeed."

Method

Method of learning to Swim.

« The method of learning to ſwim is as follows: The perſon muſt walk into the water ſo deep that it will reach to the breaſt. He is then to lie down gently on the belly, keeping the head and neck perfectly upright, the breaſt advancing forward, and the thorax inflated, the back bent; then withdrawing the legs from the bottom, and ſtretching them out, ſtrike the arms forward in uniſon with the legs. Swimming on the back is ſomewhat ſimilar to that on the belly; but with this difference, that although the legs are employed to move the body forwards, the arms are generally unemployed, and the progreſſive motion is derived from the movement of the legs. In diving, a perſon muſt cloſe his hands together, and preſſing his chin upon his breaſt, make an exertion to bend with force forwards. While in that poſition, he muſt continue to move with rapidity under the ſurface; and whenever he chooſes to return to his former ſituation, he has nothing to do but bend back his head, and he will immediately return to the ſurface."

"It is very common for novices in the art of ſwimming to make uſe of corks or bladders to aſſiſt in keeping the body above water. Some have utterly condemned the uſe of theſe; however, Dr.

Franklin allows they may be of ſervice for ſupporting the body, while one is learning what is called the *ſtroke*, or that manner of drawing in and ſtriking out the hands and feet that is neceſſary to produce progreſſive motion. "But (ſays he) you will be no ſwimmer till you can place confidence in the power of the water to ſupport you: I would therefore adviſe the acquiring that confidence in the firſt place, eſpecially as I have known ſeveral, who, by a little of the practice neceſſary for that purpoſe, have inſenſibly acquired the ſtroke, taught as it were by nature. The practice I mean is this—Chooſing a place were the water deepens gradually, walk coolly into it till it is up to your breaſt: then turn round your face towards the ſhore, and throw an egg into the water, between you and the ſhore; it will ſink to the bottom, and be eaſily ſeen there, if the water is clear. It muſt lie in the water ſo deep as that you cannot reach it to take it up but by diving for it. To encourage yourſelf in order to do this, reflect that your progreſs will be from deeper to ſhallower water; and at any time you may, by bringing your legs under you, and ſtanding on the bottom, raiſe your head far above the water: then plunge under it with your eyes open, throwing yourſelf towards the egg, and endeavouring by the action of your hands and feet againſt the water, to get forward till within reach of it. In this attempt

you

you will find that the water buoys you up against your inclination; that it is not so easy a thing to sink as you imagined; that you cannot but by active force get down to the egg. Thus you feel the power of the water to support you, and learn to confide in that power; while your endeavours to overcome it, and to reach the egg, teach you the manner of acting on the water with your feet and hands; which action is afterwards used in swimming to support your head higher above water, or to go forward through it."

How to turn to the right or left.

"There are several different ways of turning one's self in swimming. You may do it in this way: Turn the palm of the right hand outwards, extend the arm in the same manner, and make a contrary movement with the left hand and left arm; then by a gradual motion, incline your head and whole body to the left side, and the evolution will be finished. There is another way which is easier still: Bend your head and body toward that side to which you are going to turn. If you wish to turn to the left, incline the thumb and the right hand toward the bottom, bend the fingers of the right hand, stretch it out, and use it for driving away the water sideways, or which is the same thing, for pushing yourself the con-

trary way. At the ſame time, with your left hand, the fingers being cloſe, puſh the water behind you, and all at once turn your body and your face to the left, and the manœuvre will be accompliſhed. If you wiſh to turn to the right, you muſt do with your right hand what you did with your left, and with your left what you did with your right. You muſt be careful when turning yourſelf never to ſtretch out your legs, and be ſure that the water be ſo deep that you be in no danger of hurting yourſelf."

How to turn from the Belly to the Back.

"When you are ſwimming on your belly, and wiſh to turn on your back, draw your feet in quickly, and throw them before you; ſtretch out your hands behind you, and keep your body firm and ſteady. When you wiſh to turn from ſwimming on your back, fold your feet at once under your body, as if you were throwing them to the bottom, and at the ſame inſtant dart your body forwards, that you may fall upon your belly.

"In ſwimming, the eyes ought to be turned towards heaven. This is a moſt important rule, and to the neglect of it many of the accidents which befal ſwimmers are owing. For when they bend their eyes downwards, they inſenſibly bend their head too, and thus the mouth being too deep in the water, may admit a quantity of it in

in breaking; beſides, the more the body is ſtretched, it covers a greater part of the ſurface of the water, and conſequently its ſpecific gravity is leſs. Any perſon who will make the experiment will find it impoſſible to dive while he keeps his head erect and his eyes fixed on the heavens."

How to ſwim on the Back.

"The eaſieſt poſture in ſwimming is lying on the back. When you wiſh to ſwim in this poſture, lay yourſelf ſoftly on your back, and raiſe your head to the ſurface of the water, keeping your body extended in the ſame line. Put your hands eaſily over the upper part of your thighs, and throw out your legs and draw them in alternately, keeping them within two feet of the ſurface. In this way you may advance in any direction you pleaſe. You may perhaps not like ſo much of your head under water; there is, however, no way of ſwimming ſo eaſy, ſo ſafe, and ſo little fatiguing. If you wiſh to ſwim with great rapidity, you may uſe your arms as well as your feet; and you will find this the eaſieſt way of breaking the force of the waves. In ſwimming on the back, one may advance forward as well as backward. For this purpoſe the body muſt be kept ſtraight and extended: the breaſt inflated, ſo that the hollow of the back may aſſume a ſemicircular form.

The hands muſt recline over the upper parts of the thighs. It is alſo neceſſary to raiſe the legs one after another, and draw them in ſtrongly towards the hams, and then leave them ſuſpended in the water. This way of ſwimming is not only pleaſant, but may ſerve to reſt you when fatigued."

How to ſwim on one Side.

"When you are tired with ſwimming on your back and belly, you may ſwim on one ſide. When you wiſh to do this, ſink a little your left ſide and raiſe your right; you will immediately find yourſelf on your left ſide. Move then your left hand, without either raiſing or ſinking it; you have only to ſtretch it and draw it back, as in a ſtraight line, on the ſurface of the water. Independent of the pleaſure which this kind of motion will give you, you will have the ſatisfaction of ſeeing both ſides of the river."

How to ſwim on the Belly without the aſſiſtance of the Hands.

"It is poſſible to ſwim without the aſſiſtance of the hands. For this purpoſe you muſt keep your breaſt erect, your neck ſtraight, and fix your hands behind your head, or upon your back, while you move forward by employing your feet. This way is not without its advantages. It is an excellent reſource

reſource when the arms are ſeized with a cramp, or with any indiſpoſition which makes it painful to exert them. This in ſome caſes may be preferable to ſwimming on the back; for while in that attitude, one cannot ſee before them without turning every inſtant. If one of your legs be ſeized with a cramp, take hold of it with the hand oppoſite to it, and uſe the other hand and leg to advance or ſupport yourſelf."

How to ſwim with the Hands joined.

"A very ancient and graceful mode of ſwimming is that of ſwimming with the hands joined. When you wiſh to put this into practice, join your hands, keeping the thumbs and fingers toward heaven, ſo that they may appear above the water; then draw them back and puſh them forwards alternately from your breaſt. This method of ſwimming may be uſeful in ſeveral circumſtances, but above all if you are entangled with graſs or weeds. Your hands will then open a paſſage for you."

With the Hands elevated.

"As a perſon may ſometimes have occaſion to carry ſomething in his hand in ſwimming, which he is anxious to preſerve from the water, he may ſwim eaſily with one hand, and hold a parcel in the

the other, as Cæſar ſwam with his Commentaries at Alexandria; or one may ſwim with both hands elevated. To perform this well, the ſwimmer muſt raiſe his breaſt, and keep it as much inflated as he can, at the ſame time he ſupports the arms above the water. It muſt not be concealed, that this method of ſwimming is attended with ſome danger to one who is not dextrous at the art; for if one ſhould imprudently draw in his breaſt, when his arms are raiſed, he would immediately ſink to the bottom."

How to riſe to the Surface after Diving.

"Every one knows that when a man plunges into the water, and when he has reached the bottom, he has nothing to do but to give a ſmall ſtroke with his foot againſt the ground, in order to riſe; but an experienced ſwimmer, if he miſſes the ground, has recourſe to another expedient, which is very pretty, and which has not been conſidered with ſufficient attention. We ſuppoſe him at a conſiderable depth, when he perceives that he cannot reach the bottom. In ſuch a caſe, he firſt puts his hands before his face, at the height of his forehead, with the palms turned outwardly; then holding the fore part of his arm vertically he makes them move backwards and

forwards

wards from right to left; that is to say, these two parts of his arms, having the elbow as a kind of pivot, describe very quickly, both the hands being open, and the fingers joined, two small portions of a circle before the forehead, as if he would make the water retire, which he in fact does; and from these strokes given to the water, there results an oblique force, one part of which carries the swimmer upwards."

"There are many artificial methods of supporting one's self in the water, such as corks, bladders, &c. but they are often attended with danger. The only method we would recommend is, either to be attended by an expert swimmer, or never venturing into deep water, till tolerably perfect in the common way of swimming on the belly, and also being able to turn on the back, as in case of being tired, it is great relief to the swimmer."

DESCRIPTION
OF
LADY-WELL BATHS,
IN BIRMINGHAM.

Mr. HUTTON, the Birmingham Historian, thus describes the BATHS:—"At Lady-Well are the most complete Baths in the whole island; they

they are *ſeven* in number, erected at the expence of near 2,000l. Accommodation is ever ready for hot and cold bathing, for immerſion or amuſement: that appropriated to ſwimming is 18 yards by 36, ſituated in the center of a garden, in which are 24 private undreſſing houſes; the whole ſurrounded by a wall near ten feet high. Pleaſure and Health are the guardians of the place.

"The gloomy horrors of a bath ſometimes deter us from its uſe, but the appearance of theſe are inviting. We read of painted ſepulchres, whoſe *outſides* are richly ornamented, but *within* are full of corruption and death: the reverſe is before us—here no elegance appears *without*, but *within* are the ſprings of life."

Of theſe ſeven baths, one is ſolely appropriated to the uſe of the ladies; it is quite retired, and bountifully ſupplied with water from Lady-Well. The floor of the private room belonging to this bath, is laid with ſmall ſquares of marble, and adjoining thereto is a convenient dreſſing room. Upon a tablet over the fountain are the following lines, addreſſed to the ladies:

"O'er this cool ſtream the goddeſs Health preſides,
And through the ſilent wave perpetual glides;
Plunge then, ye fair, with fortitude deſcend,
The indulgent goddeſs will her influence lend:

By

By her kind aid the faded cheek reſumes
The rouge celeſtial, and with beauty blooms.
Seize then her offer, try the lucid ſpring,
And with returning health its virtues ſing."

Over the ſeat—

" The ſparkling eyes, grown languid, faintly gleam
When baneful ſickneſs ſhakes the tender frame;
Bath'd in the flood tranſparent, Health returns—
The eye re-ſparkles, and the boſom burns
With new-rais'd vigor: briſkly thro' the veins
The blood meanders, and the fair complains
No more of pulſe too rapid, or too ſlow,
Of aching head, weak nerves, or ſpirits low;
But, all alive, the animated form
Beams forth freſh charms, the coldeſt heart to warm."

Bath, No. 2,

Is the original bath, which, to accommodate the indigent, ſtill retains its original price, viz. Two-pence each time, or Five Shillings and Six-pence per quarter; it is much uſed, and is well ſupplied with water from Lady-Well, and a good ſpring at the bottom of the bath.

Bath, No. 3,

Is the gentlemens' cold bath. It is fifteen feet and a half ſquare, four feet four inches deep, and contains ninety-ſix hogſheads of water. It is ſupplied by a very powerful ſpring within itſelf, which affords about twelve hogſheads an hour; there

is a convenient dreſſing room adjoining, about ſix yards by four, and two private boxes fronting the water, with a flight of ſtone ſteps to each. Underneath an elegant picture, oppoſite the boxes, are the following energetic lines:

" Whoe'er thou art, approach! Has med'cine fail'd?
Have balms and herbs eſſay'd their pow'rs in vain?
Nor the free air, nor ſoftering ſun prevail'd,
To raiſe thy drooping ſtrength, or eaſe thy pain?

" Yet enter here, nor doubt to truſt thy frame
To the cold boſom of this lucid lake;
Here Health may greet thee, and life's languid flame
E'en from its icy graſp new fire may take.

" What ſoft Azores genial ſhores deny,
Zembla may give! Then boldly truſt the wave!
So ſhall thy grateful tablet hang on high,
And frequent votaries bleſs this healing cave.

" Is roſy health the ſubject of thy boaſt?
Thy wiſh that active ſtrength may long endure?
Leſt active ſtrength and roſy health be loſt,
Plunge in this limpid tide—thy bliſs ſecure."

Bath, No. 4,

Is a temperate bath, built in part over Lady-Well, which, by a cock laid into the well, is ſupplied with cold, and by a pipe from an adjoining furnace, with hot water; an equal mixture of both commonly makes (in a few minutes) a bath about the heat of Buxton, viz. 82 degrees by Fahrenheit's thermometer.

Bath,

Bath, No. 5,

Is the hot bath, which is of veined marble; it is ſupplied with hot water from a large furnace, and with cold from a reſervoir adjoining. The warmth of the water is increaſed or decreaſed by turning either the hot or cold cock, ſo that, in a few minutes, it is rendered of the temperature of Bath, Briſtol, Buxton, Matlock, &c. &c. agreeably to the directions of the phyſician, or the deſire of the bather. The hot bath has been conſidered by the faculty as a valuable acquiſition to the town, and its great utility in a variety of caſes, has been atteſted by hundreds. It is prepared at a ſhort notice, and adjoining the bath is a comfortable warm dreſſing room.

No. 6 is the Swimming Bath.

Its depth is gradual from three to five feet, the width fifty feet, length more than one hundred feet, and contains about two thouſand hogſheads of water, brought to it from Lady-Well and other ſprings about the garden, forming together a ſupply of about twenty hogſheads an hour; the whole is encloſed with high walls and lofty trees, and at each end are dreſſing boxes and bowers, twenty-five in number. Within the walls are flower borders and graſs walks, with a platform at the front four feet wide, and three

flights of ſtone ſteps lead from the water to the boxes. Here the delights of ſwimming are enjoyed, free from danger and public obſervation, by ſubſcribers or caſual viſitors; and cloths, mats, bathing caps, and attendants are every ready for their accommodation.

Upon a tablet, crowned with a large ſtone vaſe, over the front of the dreſſing boxes, are the following lines from Thomſon—

When ſuns enlivening genial warmth diffuſe,
Cheerful to this ſalubrious ſtream repair;
And through the waves, at each ſhort breath repell'd,
With legs and arms according well, direct,
As humour leads, an eaſy winding path.

This is the pureſt exerciſe for Health,
The kind refreſher of the ſummer heats;
Thus life redoubles, and is oft preſerv'd
By the bold ſwimmer, in the ſwift illapſe
Of accident diſaſtrous. Hence the limbs
Knit into force; and the ſame Roman arm
That roſe victorious o'er the conquer'd earth,
Firſt learn'd, while tender, to ſubdue the wave.
Even from the body's purity, the MIND
Receives a ſecret ſympathetic aid.